



“Life’s most persistent and urgent question is ‘What are you doing for others’?”

–Dr. Martin Luther King, Jr.

For many of our neighbors, the choice between paper and plastic is the least of their worries.

“If you let Him, God will use you--no matter how small the work or large the work. If you want to be used, you will be. That’s how God works. He works through people.”
Tony Hall



Community Market
of the Food Bank of East Alabama
375 Industry Drive
Auburn, Alabama 36832

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FEEDING the HUNGRY



THE NEWLETTER FOR COMMUNITY MARKET

WINTER 2012

Brown Bag Program at Work

Glenn and Carroll participate in the Food Bank's Brown Bag program for seniors and have been coming to the Community Market for five

years. Due to their ailing health, neither Glenn nor Carroll can work. They often have to do without certain food items such as milk, butter,

eggs, and sugar because they simply cannot afford them.

Glenn and Carroll are grateful for the help they have received from the Community Market. "Every little bit helps. If we didn't need it we wouldn't be here," says Glenn. Carroll also recognizes that she and Glenn are not alone. "There are lots of people like us. We appreciate it very much," says Carroll. ♦

“Every little bit helps. If we didn't need it, we wouldn't be here.”



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As anyone who has ever volunteered at a community kitchen, food pantry, or social service organization has found, there is something quite remarkable about those who request a helping hand. Facing uncertainty and hardship, most people who come for help do not complain, blame others, or otherwise express their negativity. It's just the opposite. They are often thankful for small gestures of love and caring. Over the years, we have experienced a remarkable attitude of hope and graciousness. ♦



VOLUNTEER CORNER

John Waller has been volunteering with the Community Market for two months. He is a master gardener and loves to grow tomatoes, peppers, and turnip greens. John enjoys volunteering at the Community Market because his father owned a grocery store, and John worked there for seven years during high school and college. More importantly, John enjoys volunteering because he loves helping people. "I've seen a lot of people here that I can tell this really helps them," says John. In particular, he shared a story of a woman he met who has two children and a degree in criminal justice. She was



evicted from her house, could no longer work after she was hurt on the job, and did not know if she could afford to put food on the table for her family. John says he loves seeing how the Community Market can make a difference in the lives of people like her every day.

John also realizes there is a need for more volunteers in the Community Market. "If you have spare time this is a worthy cause. I can't think of a more worthy cause," he says. Through his short time as a volunteer, John says he has seen lives changed and hunger satisfied. ♦

And speaking of volunteers....

COMMUNITY MARKET'S IMMEDIATE VOLUNTEER NEEDS

- Wednesday and Friday mornings when we get a delivery of perishable items that need to be stocked in the freezers and coolers 8:30 a.m. - 10:30 a.m.
- Wednesday afternoons to stock shelves
- Thursday and Friday anytime to help stock the shelves

Interested in helping? Contact the Community Market at 749-8844
or by email at cfinley@foodbankofeastalabama.com

THE MATH IS SIMPLE:

**THE MORE RESOURCES AT OUR DISPOSAL,
THE GREATER OUR ABILITY TO RESPOND
TO PEOPLE WHO NEED FOOD.**

Partnership with Junior League Stocks Shelves

Community Market benefits greatly by partnering with the Junior League of Lee County. The "Leaguers in Training" Class has taken on two important projects — stocking our Baby Manna Cupboards to help families in crisis who have babies, and providing personal care bags for Community Market clients. Over the past several months, generous Junior Leaguers have brought in nearly 1,000 pounds of baby supplies — food, formula, diapers, and



Volunteer Gina Wilson stocks the Baby Manna Cupboard

Junior Leaguers prepare Personal Care Bags for the Community Market

related items! Additionally hundreds of personal care bags have been assembled with toothpaste, toothbrushes, deodorant, shampoo, razors, and soap. These bags are tremendously appreciated. People cannot use food stamps for non-food items and these items are quite expensive, so we get many requests for these items. How wonderful to be able to meet that need! 💎

According to *The Nation* (February 10, 2012), in December there were more than 13 million unemployed workers and about four people looking for work for every available job in the U.S. According to the Economic Policy Institute, the average duration for an unemployed person is over nine months. **We see this challenge every day at the Community Market.** Of the 3,001 households we served last year, 17.9% of the heads of household were looking for work.